

Where to get help



You can go to the Charlotte Keel Health Centre (Easton) on the last Wednesday of every month between 9.30am and 12 noon. The

nurses help with FGM problems.



0117 902 7100 Ask for FGM clinic



You might feel sad or angry because of FGM. The Green House Bristol can help you to feel better. They can

help women and girls.



0117 935 1707 Ask for FGM help

If you know someone that is going

to make their children have FGM, you must tell the police. If a child tells you they are having FGM you must tell



Police Station

the police. Call 999 in an emergency.



0117 945 4320 Police

The law



It is against the law in the UK for anyone to carry out FGM on women or children.

It is against the law to take girls or women who live in the UK to a different country to carry out FGM.

It is against the law to help someone else carry out FGM. This includes making travel arrangements.



If a person carries out FGM or helps someone else to carry out FGM, they could pay a fine and go to prison for 14 years.



For further copies of this leaflet or in other formats or languages, please contact:



0117 323 5463



www.avon.nhs.uk/kris

Front cover photo: Amnesty International - Sweden.

Female genital mutilation/cutting



Information and help



Easy read version using Photosymbols

Types of female genital mutilation

(also called FGM or cutting)

Type 1: Removing some or all of the clitoris (including sunna)

Type 2: Removing the clitoris with some or all of the small labium (lips)

Type 3: Removing some or all of the female parts, including the clitoris.

Sewing the edges together to leave a tiny hole.

Type 4: All other types of harm: pricking, cutting, burning and piercing.

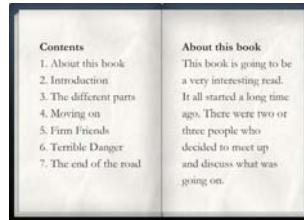


Where FGM started

Some people started doing FGM a long time ago.

Habit and tradition make people from some countries do FGM.

FGM and religion



important to look after your body.



The Bible and Qur'an do not say that FGM should be carried out. The Qur'an says it is important to look after your body.

Muslims believe that Allah creates babies.

The body should stay as Allah created it.

Health problems of FGM



Broken bones



Severe pain and shock



You could die because of shock and blood loss



You could get repeated infections which make it very painful to wee



Infections could stop you from getting pregnant



A woman with FGM is more likely to have a difficult labour and this puts the life of mother and baby in danger



Women and girls with FGM often feel sad and depressed.